

TRAINING BAT AND METHOD

Abstract of the Disclosure

The training bat of the present invention has a length and weight substantially equivalent to that of a conventional bat. The training bat is comprised of a barrel section, a handle, and a transition section intermediate to the barrel section and the handle section. The barrel section has a diameter which is smaller than that of a conventional bat. However, the barrel section also includes a weighted member such that the training bat has a weight which is substantially equivalent to that of a conventional bat.

The present invention also provides a swing training method which utilizes the training bat described above. The method involves a batter swinging at a baseball with the training bat having the reduced diameter barrel section. Next, the batter swings at the baseball with a conventional bat. That step is followed by the batter swinging at a ball having a smaller diameter such as a golf ball using the training bat and then using the conventional bat.

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